



Recreational Swim

During Recreational Swim, the shallow end is open for leisure swimming and splashing around. To enter the deep water, you must demonstrate your swimming abilities to the lifeguard on duty.

An adult must accompany children under the age of 10.

Children under the age of 6 must be within arm's reach of an adult at all times.

Closed for City-wide furlough days 7/2 and 8/13.

Summer Recreational Swim at the San Leandro Family Aquatics Center

Weekends (starting May 29 - June 20)

Daily (starting June 19 - August 19)

1:00pm - 4:45pm

Cost: \$5

Adult Recreational Swim at the Boys and Girls Club Pool

Age: 16 years and up

*Monday, Tuesday, *Wednesday, Thursday, *Friday

8:00am - 11:30am

**Deep Water Only*

Saturday

8:30am - 10:30am

Cost: \$5

Summer Recreational Swim at the Boys and Girls Club Pool

Monday - Friday (starting June 21 - August 19)

2:00pm - 4:00pm

Cost: \$5

Lap Swim at the

Boys and Girls Club Pool

Get in shape or develop your swimming skills at your own pace. We supply kick boards, pull buoys and the lifeguards while you supply the energy!

Swimmers must make an attempt to be continuously swimming.

Monday - Friday

6:30am - 8:00am • 11:30am - 1:00pm

5:30pm - 7:00pm

Saturday

10:30am - 12:30pm

Cost: \$5

Summer Recreational Swim at Farrelly Pool

Monday - Thursday (starting June 21 - August 5)

6:30pm - 8:00pm

Cost: \$5

Farrelly Pool was closed by the City due to budget reductions.

However a generous anonymous person donated the money required to open Farrelly Pool for the 2010 summer swim season. Many, many thanks to this wonderful donation; which provides the opportunity for children to be water safe and families to spend quality time together in a fun, safe, healthy way!

Aquababes

at the **Boys & Girls Club Pool**
Age: 6 months - 3 years

Let your child enjoy their first aquatic experience with you. Class is great for water introduction and parent-child bonding while getting physical exercise. Enjoy games and water safety lessons. Parents accompany child in the pool. Children not potty-trained must wear leak-proof diapers.

4 Classes • Monday and Wednesday • \$38(R) / \$48(N)

#20551	Jun 21 - Jun 30	5:00pm - 5:25pm
#20553	Jul 12 - Jul 21	5:00pm - 5:25pm
#20555	Jul 26 - Aug 4	5:00pm - 5:25pm
#20557	Aug 9 - Aug 18	5:00pm - 5:25pm

4 Classes • Tuesday and Thursday • \$38(R) / \$48(N)

#20550	Jun 22 - Jul 1	9:00am - 9:25am
#20552	Jul 13 - Jul 22	9:00am - 9:25am
#20554	Jul 27 - Aug 5	9:00am - 9:25am
#20556	Aug 10 - Aug 19	9:00am - 9:25am

4 Classes • Saturday • \$38(R) / \$48(N)

#20558	May 29 - Jun 19	12:35pm - 1:00pm
#20559	Jun 26 - Jul 17	12:35pm - 1:00pm
#20560	Jul 24 - Aug 14	12:35pm - 1:00pm
#21139	Aug 21 - Sept 11	12:35pm - 1:00pm

Tot Time

at the **San Leandro Family Aquatic Center**
Age: 6 months - 3 years



Use the play structure and learn fun water games while bonding with your child. Class provides water exploration, development of new skills, increased confidence around water, play time, water safety lessons and swim instruction.

4 Classes • Monday and Wednesday • \$45(R) / \$55(N)

#20568	Jun 21 - Jun 30	12:00pm - 12:55pm
#20569	Jul 12 - Jul 21	12:00pm - 12:55pm
#20570	Jul 26 - Aug 4	12:00pm - 12:55pm
#20571	Aug 9 - Aug 18	12:00pm - 12:55pm

4 Classes • Tuesday and Thursday • \$45(R) / \$55(N)

#20572	Jun 22 - Jul 1	12:00pm - 12:55pm
#20573	Jul 13 - Jul 22	12:00pm - 12:55pm
#20574	Jul 27 - Aug 5	12:00pm - 12:55pm
#20575	Aug 10 - Aug 19	12:00pm - 12:55pm

4 Classes • Saturday • \$45(R) / \$55(N)

#20576	Jun 26 - Jul 17	10:30am - 11:25am
#20577	Jul 24 - Aug 14	10:30am - 11:25am

Tiny Tots

at the **San Leandro Family Aquatic Center**
Age: 3 - 5 years

Class teaches basic water skills, breath holding, floating, jumping in and much more. Children have a great time learning new skills while building confidence in and around water. *Parents do not accompany children into the pool.*

8 Classes • Monday - Thursday • \$78(R) / \$98(N)

#20648	Jun 21 - Jul 1	10:00am - 10:25am
#20656		10:30am - 10:55am
#20657		11:00am - 11:25am
#20658		11:30am - 11:55am
#20649		5:00pm - 5:25pm
#20650		5:30pm - 5:55pm
#20651		6:00pm - 6:25pm
#20652		6:30pm - 6:55pm
#20653	Jul 12 - Jul 22	10:00am - 10:25am
#20659		10:30am - 10:55am
#20654		11:00am - 11:25am
#20619		11:30am - 11:55am
#20620		5:00pm - 5:25pm
#20621		5:30pm - 5:55pm
#20622		6:00pm - 6:25pm
#20623		6:30pm - 6:55pm
#20624	Jul 26 - Aug 5	10:00am - 10:25am
#20625		10:30am - 10:55am
#20626		11:00am - 11:25am
#20627		11:30am - 11:55am
#20628		5:00pm - 5:25pm
#20629		5:30pm - 5:55pm
#20630		6:00pm - 6:25pm
#20631		6:30pm - 6:55pm
#20632	Aug 9 - Aug 19	10:00am - 10:25am
#20633		10:30am - 10:55am
#20634		11:00am - 11:25am
#20635		11:30am - 11:55am
#20636		5:00pm - 5:25pm
#20637		5:30pm - 5:55pm
#20638		6:00pm - 6:25pm
#20639		6:30pm - 6:55pm

4 Classes • Saturday • \$39(R) / \$49(N)

#20640	Jun 26 - Jul 17	10:30am - 10:55am
#20641		11:00am - 11:25am
#20642	Jul 24 - Aug 14	10:30am - 10:55am
#20643		11:00am - 11:25am

Tiny Tots

at the Boys & Girls Club Pool

Age: 3 - 5 years

Class teaches basic water skills, breath holding, floating, jumping in and much more. Children have a great time learning new skills while building confidence in and around water. *Parents do not accompany children into the pool.*

7 Classes • Monday - Thursday • \$69(R) / \$79(N)

#20901	Jun 8 - Jul 17	3:30pm - 3:55pm
#20607		4:00pm - 4:25pm

8 Classes • Monday and Wednesday • \$78(R) / \$98(N)

#20611	Jun 21 - Jul 19	9:00am - 9:25am
#20612	Jul 21 - Aug 16	9:00am - 9:25am

8 Classes • Tuesday and Thursday • \$78(R) / \$98(N)

#20613	Jun 22 - Jul 22	5:00pm - 5:25pm
#20614	Jul 27 - Aug 19	5:00pm - 5:25pm

8 Classes • Monday - Thursday • \$78(R) / \$98(N)

#20615	Jun 21 - Jul 1	1:00pm - 1:25pm
#20616		1:30pm - 1:55pm
#20617		4:00pm - 4:55pm
#20618		4:30pm - 4:55pm
#20580		5:00pm - 5:25pm
#20581	Jul 12 - Jul 22	1:00pm - 1:25pm
#20582		1:30pm - 1:55pm
#20583		4:00pm - 4:55pm
#20584		4:30pm - 4:55pm
#20585		5:00pm - 5:25pm
#20586	Jul 26 - Aug 5	1:00pm - 1:25pm
#20587		1:30pm - 1:55pm
#20588		4:00pm - 4:55pm
#20589		4:30pm - 4:55pm
#20590		5:00pm - 5:25pm
#20591	Aug 9 - Aug 19	1:00pm - 1:25pm
#20592		1:30pm - 1:55pm
#20593		4:00pm - 4:55pm
#20594		4:30pm - 4:55pm
#20595		5:00pm - 5:25pm

7 Classes • Monday and Wednesday • \$69(R) / \$79(N)

#20902	Aug 23 - Sep 15	3:30pm - 3:55pm
#20606		4:00pm - 4:25pm

8 Classes • Tuesday and Thursday • \$78(R) / \$98(N)

#20644	Aug 24 - Sep 16	3:30pm - 3:55pm
#20907		4:00pm - 4:25pm

Tiny Tots at the Boys & Girls Club Pool

continued

4 Classes • Saturday • \$39(R) / \$49(N)

#20596		12:35pm - 1:00pm
#20597	May 29 - Jun 19	1:05pm - 1:30pm
#20598		1:35pm - 2:00pm
#20599		12:35pm - 1:00pm
#20600	Jun 26 - Jul 17	1:05pm - 1:30pm
#20601		1:35pm - 2:00pm
#20608		12:35pm - 1:00pm
#20609	Jul 24 - Aug 14	1:05pm - 1:30pm
#20610		1:35pm - 2:00pm
#20603		12:35pm - 1:00pm
#20604	Aug 21 - Sep 11	1:05pm - 1:30pm
#20605		1:35pm - 2:00pm



Tiny Tots

at Farrelly Pool

Age: 3 - 5 years

Class teaches basic water skills, breath holding, floating, jumping in and much more. Children have a great time learning new skills while building confidence in and around water. *Parents do not accompany children into the pool.*

8 Classes • Monday - Thursday • \$78(R) / \$98(N)

#21264	Jun 21 - Jul 1	3:00pm - 3:25pm
#21298		3:00pm - 3:25pm
#21392		3:30pm - 3:55pm
#21393		3:30pm - 3:55pm
#21394		4:00pm - 4:25pm
#21395		4:00pm - 4:25pm
#21396		4:30pm - 4:55pm
#21398		4:30pm - 4:55pm
#21397		5:00pm - 5:25pm
#21399		5:00pm - 5:25pm
#21400		5:30pm - 5:55pm
#21401		5:30pm - 5:55pm
#21402		6:00pm - 6:25pm
#21403		6:00pm - 6:25pm



Tiny Tots at Farrelly Pool
continued

8 Classes • Monday - Thursday • \$78(R) / \$98(N)

#21406	Jul 12 - Jul 22	3:00pm - 3:25pm
#21407		3:00pm - 3:25pm
#21410		3:30pm - 3:55pm
#21411		3:30pm - 3:55pm
#21414		4:00pm - 4:25pm
#21415		4:00pm - 4:25pm
#21418		4:30pm - 4:55pm
#21419		4:30pm - 4:55pm
#21422		5:00pm - 5:25pm
#21423		5:00pm - 5:25pm
#21426		5:30pm - 5:55pm
#21427		5:30pm - 5:55pm
#21430		6:00pm - 6:25pm
#21431		6:00pm - 6:25pm
#21408	Jul 26 - Aug 5	3:00pm - 3:25pm
#21409		3:00pm - 3:25pm
#21412		3:30pm - 3:55pm
#21413		3:30pm - 3:55pm
#21416		4:00pm - 4:25pm
#21417		4:00pm - 4:25pm
#21420		4:30pm - 4:55pm
#21421		4:30pm - 4:55pm
#21424		5:00pm - 5:25pm
#21425		5:00pm - 5:25pm
#21428		5:30pm - 5:55pm
#21429		5:30pm - 5:55pm
#21432		6:00pm - 6:25pm
#21433		6:00pm - 6:25pm

Beginners

Learn to Swim at the
San Leandro Family Aquatic Center

Age: 6 - 15 years

Class will increase your child's confidence in the water and create a solid swimming foundation. Emphasis is on the basics: floating, kicking, alternating arm action, rhythmic breathing, combined stroke, turns, water safety and how to get help in an emergency. Little or no swimming experience needed. Those with Level 1 or 2 cards are welcome.

8 Classes • Monday - Thursday • \$69(R) / \$79(N)

#20696	Jun 21 - Jul 1	10:00am - 10:25am
#20697		11:00am - 11:25am
#20698		11:30am - 11:55am
#20699		5:00pm - 5:25pm
#20700		6:00pm - 6:25pm
#20701		6:30pm - 6:55pm
#20702	Jul 12 - Jul 22	10:00am - 10:25am
#20703		11:00am - 11:25am
#20704		11:30am - 11:55am
#20705		5:00pm - 5:25pm
#20706		6:00pm - 6:25pm
#20707		6:30pm - 6:55pm
#20708	Jul 26 - Aug 5	10:00am - 10:25am
#20709		11:00am - 11:25am
#20710		11:30am - 11:55am
#20711		5:00pm - 5:25pm
#20712		6:00pm - 6:25pm
#20713		6:30pm - 6:55pm
#20714	Aug 9 - Aug 19	10:00am - 10:25am
#20715		11:00am - 11:25am
#20716		11:30am - 11:55am
#20717		5:00pm - 5:25pm
#20718		6:00pm - 6:25pm
#20719		6:30pm - 6:55pm



Fun Swim Fact #1

Elephants are capable of swimming twenty miles a day, using their trunks as natural snorkles.

Beginners

Learn to Swim at the Boys & Girls Club Pool

Age: 6 - 15 years

Class will increase your child's confidence in the water and create a solid swimming foundation. Emphasis is on the basics: floating, kicking, alternating arm action, rhythmic breathing, combined stroke, turns, water safety and how to get help in an emergency. Little or no swimming experience needed. Those with Level 1 or 2 cards are welcome.

7 Classes • Monday - Thursday • \$61(R) / \$71(N)

#20913	Jun 8 - Jul 17	4:00pm - 4:25pm
#20915		4:30pm - 4:55pm

8 Classes • Monday - Thursday • \$69(R) / \$79(N)

#20660	Jun 21 - Jul 1	1:00pm - 1:25pm
#20661		4:00pm - 4:25pm
#20662		5:00pm - 5:25pm
#20663	Jul 12 - Jul 22	1:00pm - 1:25pm
#20664		4:00pm - 4:25pm
#20665		5:00pm - 5:25pm
#20666	Jul 26 - Aug 5	1:00pm - 1:25pm
#20667		4:00pm - 4:25pm
#20668		5:00pm - 5:25pm
#20669	Aug 9 - Aug 19	1:00pm - 1:25pm
#20670		4:00pm - 4:25pm
#20671		5:00pm - 5:25pm

7 Classes • Monday - Wednesday • \$61(R) / \$71(N)

#20672	Aug 23 - Sep 15	4:00pm - 4:25pm
#20673		4:30pm - 4:55pm

8 Classes • Tuesday - Thursday • \$69(R) / \$79(N)

#20675	Aug 24 - Sep 16	4:00pm - 4:25pm
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4 Classes • Saturday • \$35(R) / \$45(N)

#20674	May 29 - Jun 19	1:05pm - 1:30pm
#20676	Jun 26 - Jul 17	1:05pm - 1:30pm
#20677	Jul 24 - Aug 14	1:05pm - 1:30pm
#20721	Aug 21 - Sep 11	1:05pm - 1:30pm

Fun Swim Fact #2

Tuna swim at a steady speed of nine mph and they never stop. That means a 15 year-old tuna may have traveled 1,000,000 miles.

Beginners

Learn to Swim at Farrelly Pool

Age: 6 - 15 years

See description for *Beginners Learn to Swim at the Boys & Girls Club Pool* (left).

8 Classes • Monday - Thursday • \$69(R) / \$79(N)

#21330	Jun 21 - Jul 1	3:00pm - 3:25pm
#21331		3:00pm - 3:25pm
#21438		3:30pm - 3:55pm
#21439		4:00pm - 4:25pm
#21440		4:00pm - 4:25pm
#21441		4:30pm - 4:55pm
#21442		4:30pm - 4:55pm
#21443		5:00pm - 5:25pm
#21444		5:30pm - 5:55pm
#21445		5:30pm - 5:55pm
#21446		6:00pm - 6:25pm
#21449		Jul 12 - Jul 22
#21450	3:00pm - 3:25pm	
#21451	3:30pm - 3:55pm	
#21452	4:00pm - 4:25pm	
#21453	4:00pm - 4:25pm	
#21454	4:30pm - 4:55pm	
#21455	4:30pm - 4:55pm	
#21456	5:00pm - 5:25pm	
#21457	5:30pm - 5:55pm	
#21458	5:30pm - 5:55pm	
#21459	6:00pm - 6:25pm	
#21462	Jul 26 - Aug 5	
#21463		3:00pm - 3:25pm
#21464		3:30pm - 3:55pm
#21465		4:00pm - 4:25pm
#21466		4:00pm - 4:25pm
#21467		4:30pm - 4:55pm
#21468		4:30pm - 4:55pm
#21469		5:00pm - 5:25pm
#21470		5:30pm - 5:55pm
#21471		5:30pm - 5:55pm
#21472		6:00pm - 6:25pm



Intermediate

Learn to Swim at the San Leandro Family Aquatic Center

Age: 6 - 16 years

Emphasis on the fundamentals of front crawl, backstroke, elementary backstroke, deep water bobbing, introduction to sidestroke and breaststroke, turns at the wall, treading water, self-rescue skills, jumping into deep water with a lifejacket and familiarity with CPR and rescue breathing. Level 2 or 3 card or entering Levels 3 and 4 are welcome.

8 Classes • Monday - Thursday • \$69(R) / \$79(N)

#20725	Jun 21 - Jul 1	10:30am - 10:55am
#20726		5:30pm - 5:55pm
#20727	Jul 12 - Jul 22	10:30am - 10:55am
#20728		5:30pm - 5:55pm
#20729	Jul 26 - Aug 5	10:30am - 10:55am
#20730		5:30pm - 5:55pm
#20731	Aug 9 - Aug 19	10:30am - 10:55am
#20732		5:30pm - 5:55pm

Intermediate

Learn to Swim at the Boys & Girls Club Pool

See description for *Intermediate Learn to Swim at the San Leandro Family Aquatic Center* (above).

7 Classes • Tuesday - Thursday • \$61(R) / \$71(N)

#20917	Jun 8 - Jun 17	4:30pm - 4:55pm
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8 Classes • Monday - Thursday • \$69(R) / \$79(N)

#20678	Jun 21 - Jul 1	1:30pm - 1:55pm
#20679		4:00pm - 4:25pm
#20680		4:30pm - 4:55pm
#20684	Jul 12 - Jul 22	1:30pm - 1:55pm
#20685		4:00pm - 4:25pm
#20686		4:30pm - 4:55pm
#20687	Jul 26 - Aug 5	1:30pm - 1:55pm
#20688		4:00pm - 4:25pm
#20689		4:30pm - 4:55pm
#20690	Aug 9 - Aug 19	1:30pm - 1:55pm
#20691		4:00pm - 4:25pm
#20693		4:30pm - 4:55pm

7 Classes • Monday and Wednesday • \$61(R) / \$71(N)

#20682	Aug 23 - Sep 15	4:30pm - 4:55pm
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8 Classes • Tuesday and Thursday • \$69(R) / \$79(N)

#20683	Aug 24 - Sep 16	4:30pm - 4:55pm
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Intermediate Learn to Swim at the Boys & Girls Club Pool continued

4 Classes • Saturday • \$35(R) / \$45(N)

#20694	May 29 - Jun 19	1:35pm - 2:00pm
#20681	Jun 26 - Jul 17	1:35pm - 2:00pm
#20692	Jul 24 - Aug 14	1:35pm - 2:00pm
#20733	Aug 21 - Sep 11	1:35pm - 2:00pm

Intermediate

Learn to Swim at Farrelly Pool

See description for *Intermediate Learn to Swim at the San Leandro Family Aquatic Center* (left).

8 Classes • Monday - Thursday • \$69(R) / \$79(N)

#21362	Jun 21 - Jul 1	3:30pm - 3:55pm
#21363		5:00pm - 5:25pm
#21475	Jul 12 - Jul 22	3:30pm - 3:55pm
#21476		5:00pm - 5:25pm
#21478	Jul 26 - Aug 5	3:30pm - 3:55pm
#21479		5:00pm - 5:25pm

Advanced

Learn to Swim at the Boys & Girls Club Pool

Age: 6 - 16 years



Class works on techniques and helps refine strokes: front crawl, back crawl, elementary backstroke, breaststroke, sidestroke and butterfly. Class will also teach more difficult techniques like alternate breathing, swimming underwater, deep water bobbing, turns at the wall, diving safety, alternative kicks for treading water and approach stroke. Level 4, 5, 6 cards or those entering Level 5, 6, or 7 are welcome.

8 Classes • Monday - Thursday • \$69(R) / \$79(N)

#20740	Jun 21 - Jul 1	1:30pm - 1:55pm
#20741		4:30pm - 4:55pm
#20742	Jul 12 - Jul 22	1:30pm - 1:55pm
#20743		4:30pm - 4:55pm
#20744	Jul 26 - Aug 5	1:30pm - 1:55pm
#20745		4:30pm - 4:55pm
#20746	Aug 9 - Aug 19	1:30pm - 1:55pm
#20747		4:30pm - 4:55pm

**Advanced Learn to Swim at the
Boys & Girls Club Pool continued**

7 Classes • Monday - Thursday • \$61(R) / \$71(N)

#20919	Jun 8 - Jun 17	5:00pm - 5:25pm
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4 Classes • Saturday • \$35(R) / \$45(N)

#20748	May 29 - Jun 19	1:05pm - 1:30pm
#20749	Jun 26 - Jul 17	1:05pm - 1:30pm
#20751	Jul 24 - Aug 14	1:05pm - 1:30pm
#20754	Aug 21 - Sep 11	1:05pm - 1:30pm

7 Classes • Monday and Wednesday • \$61(R) / \$71(N)

#20750	Aug 23 - Sep 15	5:00pm - 5:25pm
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Semi-Private Beginners at the San Leandro Family Aquatic Center

Age: 6 - 16 years

Increase your child's confidence in a small class and create a solid swimming foundation for them. This class emphasizes the basics: floating, kicking, alternating arm action, rhythmic breathing, combined stroke, turning over, water safety moves and how to get help during an emergency. Little or no swim experience or Level 1 or 2 cards welcome. **Student/Instructor ratio is 4:1.**

8 Classes • Monday - Thursday • \$109(R) / \$129(N)

#20768	Jun 21 - Jul 1	10:00am - 10:25am
#20769		11:00am - 11:25am
#20770		5:00pm - 5:25pm
#20771		6:00pm - 6:25pm
#20772	Jul 12 - Jul 22	10:00am - 10:25am
#20773		11:00am - 11:25am
#20774		5:00pm - 5:25pm
#20775		6:00pm - 6:25pm
#20776	Jul 26 - Aug 5	10:00am - 10:25am
#20777		11:00am - 11:25am
#20778		5:00pm - 5:25pm
#20779		6:00pm - 6:25pm
#20780	Aug 9 - Aug 19	10:00am - 10:25am
#20781		11:00am - 11:25am
#20782		5:00pm - 5:25pm
#20783		6:00pm - 6:25pm

Fun Swim Fact #3
Benjamin Franklin invented swim-fins!



Semi-Private Beginners

at the **Boys & Girls Club Pool**

Age: 6 - 16 years

See description for *Semi-Private Beginners at the San Leandro Family Aquatic Center* (left).

7 Classes • Monday - Thursday • \$96(R) / \$116(N)

#20920	Jun 8 - Jun 17	4:00pm - 4:25pm
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8 Classes • Monday - Thursday • \$109(R) / \$129(N)

#20755	Jun 17 - Jul 1	1:00pm - 1:25pm
#20756		4:00pm - 4:25pm
#20757		5:00pm - 5:25pm
#20758	Jul 12 - Jul 22	1:00pm - 1:25pm
#20759		4:00pm - 4:25pm
#20760		5:00pm - 5:25pm
#20761	Jul 26 - Aug 5	1:00pm - 1:25pm
#20762		4:00pm - 4:25pm
#20763		5:00pm - 5:25pm
#20764	Aug 9 - Aug 19	1:00pm - 1:25pm
#20765		4:00pm - 4:25pm
#20766		5:00pm - 5:25pm

8 Classes • Tuesday and Thursday • \$109(R) / \$129(N)

#20767	Aug 24 - Sep 16	4:30pm - 4:55pm
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Semi-Private Intermediate at the

San Leandro Family Aquatic Center

Age: 6 - 16 years

Emphasis on the fundamentals of the front crawl, backstroke, elementary backstroke, deep water bobbing, intro to side and breaststroke, turns at the wall, treading water, self-rescue skills, jumping into deep water with a lifejacket and familiarity with CPR and rescue breathing. Level 2 or 3 card or entering Levels 3 and 4 are welcome. **Student/Instructor ratio is 4:1.**

8 Classes • Monday - Thursday • \$109(R) / \$129(N)

#20796	Jun 21 - Jul 1	10:30am - 10:55am
#20797		5:30pm - 5:55pm
#20798	Jul 12 - Jul 22	10:30am - 10:55am
#20799		5:30pm - 5:55pm
#20800	Jul 26 - Aug 5	10:30am - 10:55am
#20801		5:30pm - 5:55pm
#20802	Aug 9 - Aug 19	10:30am - 10:55am
#20803		5:30pm - 5:55pm



Semi-Private Intermediate

at the **Boys & Girls Club Pool**

Age: 6 - 16 years

Emphasis on the fundamentals of the front crawl, backstroke, elementary backstroke, deep water bobbing, intro to side and breaststroke, turns at the wall, treading water, self-rescue skills, jumping into deep water with a lifejacket and familiarity with CPR and rescue breathing. Level 2 or 3 card or entering Levels 3 and 4 are welcome. **Student/Instructor ratio is 4:1.**

7 Classes • Monday - Thursday • \$96(R) / \$116(N)

#20922	Jun 8 - Jun 17	5:00pm - 5:25pm
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8 Classes • Monday - Thursday • \$109(R) / \$129(N)

#20786	Jun 17 - Jul 1	1:30pm - 1:55pm
#20787		4:30pm - 4:55pm
#20788	Jul 12 - Jul 22	1:30pm - 1:55pm
#20789		4:30pm - 4:55pm
#20790	Jul 26 - Aug 5	1:30pm - 1:55pm
#20791		4:30pm - 4:55pm
#20792	Aug 9 - Aug 19	1:30pm - 1:55pm
#20793		4:30pm - 4:55pm

8 Classes • Tuesday and Thursday • \$109(R) / \$129(N)

#20794	Aug 24 - Sep 16	5:00pm - 5:25pm
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Fun Swim Fact #4

In the 1948 Olympics, the U.S. won every event in the swimming competition.



Private Swim Lessons at the San Leandro Family Aquatic Center

Age: 6 - 16 years

Individualized instruction with a Certified American Red Cross Instructor. Lessons are designed to help identify and focus on areas of improvement in strokes.

4 Classes • Monday - Thursday • \$90(R) / \$110(N)

#20877	Jun 21 - Jun 24	10:00am - 10:25am
#20878		10:30am - 10:55am
#20879		11:00am - 11:25am
#20880		11:30am - 11:55am
#20881	Jun 28 - Jul 1	10:00am - 10:25am
#20882		10:30am - 10:55am
#20883		11:00am - 11:25am
#20884		11:30am - 11:55am
#20885	Jul 12 - Jul 15	10:00am - 10:25am
#20886		10:30am - 10:55am
#20887		11:00am - 11:25am
#20888		11:30am - 11:55am
#20889	Jul 19 - Jul 22	10:00am - 10:25am
#20890		10:30am - 10:55am
#20891		11:00am - 11:25am
#20892		11:30am - 11:55am
#20893	Jul 26 - Jul 29	10:00am - 10:25am
#20894		10:30am - 10:55am
#20895		11:00am - 11:25am
#20896		11:30am - 11:55am
#20897	Aug 2 - Aug 5	10:00am - 10:25am
#20898		10:30am - 10:55am
#20899		11:00am - 11:25am
#20900		11:30am - 11:55am
#21234	Aug 9 - Aug 12	10:00am - 10:25am
#21235		10:30am - 10:55am
#21236		11:00am - 11:25am
#21237		11:30am - 11:55am
#21238	Aug 16 - Aug 19	10:00am - 10:25am
#21239		10:30am - 10:55am
#21240		11:00am - 11:25am
#21241		11:30am - 11:55am



Private Swim Lessons

at the Boys & Girls Club Pool

Age: 6 - 16 years

Individualized instruction with a Certified American Red Cross Instructor. Lessons are designed to help identify and focus on areas of improvement in strokes.

3 Classes • Monday and Wednesday • \$68(R) / \$78(N)

#20850	Jun 9 - Jun 16	3:30pm - 3:55pm
#20867		4:00pm - 4:25pm
#20868		4:30pm - 4:55pm
#20851		5:00pm - 5:25pm

4 Classes • Tuesday and Thursday • \$90(R) / \$110(N)

#20865	Jun 8 - Jun 17	3:30pm - 3:55pm
#20866		4:00pm - 4:25pm
#20848		4:30pm - 4:55pm
#20849		5:00pm - 5:25pm

4 Classes • Monday and Wednesday • \$90(R) / \$110(N)

#20833	Aug 23 - Sep 1	3:30pm - 3:55pm
#20834		4:00pm - 4:25pm
#20860		4:30pm - 4:55pm
#20857		5:00pm - 5:25pm

3 Classes • Monday and Wednesday • \$68(R) / \$78(N)

#20861	Sep 8 - Sep 15	3:30pm - 3:55pm
#20862		4:00pm - 4:25pm
#20836		4:30pm - 4:55pm
#20837		5:00pm - 5:25pm

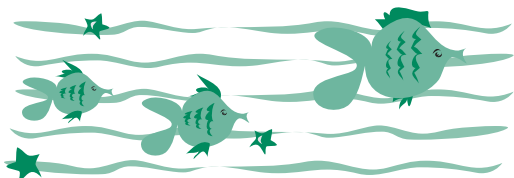
4 Classes • Tuesday and Thursday • \$90(R) / \$110(N)

#20858	Aug 24 - Sep 2	3:30pm - 3:55pm
#20859		4:00pm - 4:25pm
#20835		4:30pm - 4:55pm
#20863		5:00pm - 5:25pm
#20838	Sep 7 - Sep 16	3:30pm - 3:55pm
#20839		4:00pm - 4:25pm
#20840		4:30pm - 4:55pm
#20841		5:00pm - 5:25pm

Private Swim Lessons at the Boys & Girls Club Pool continued

4 Classes • Monday - Thursday • \$90(R) / \$110(N)

#20812	Jun 21 - Jun 24	1:00pm - 1:25pm
#20813		1:30pm - 1:55pm
#20814		4:00pm - 4:25pm
#20815		4:30pm - 4:55pm
#20816	Jun 28 - Jul 1	5:00pm - 5:25pm
#20817		1:00pm - 1:25pm
#20818		1:30pm - 1:55pm
#20819		4:00pm - 4:25pm
#20820	Jul 12 - Jul 15	4:30pm - 4:55pm
#20821		5:00pm - 5:25pm
#20822		1:00pm - 1:25pm
#20823		1:30pm - 1:55pm
#20824	Jul 19 - Jul 22	4:00pm - 4:25pm
#20825		4:30pm - 4:55pm
#20826		5:00pm - 5:25pm
#20827		1:00pm - 1:25pm
#20829	Jul 26 - Jul 29	1:30pm - 1:55pm
#20830		4:00pm - 4:25pm
#20828		4:30pm - 4:55pm
#20831		5:00pm - 5:25pm
#20855	Aug 2 - Aug 5	1:00pm - 1:25pm
#20856		1:30pm - 1:55pm
#20832		4:00pm - 4:25pm
#20805		4:30pm - 4:55pm
#20806	May 29 - Jun 19	5:00pm - 5:25pm
#20807		1:00pm - 1:25pm
#20869		1:30pm - 1:55pm
#20870		4:00pm - 4:25pm
#20871	Jun 26 - Jul 17	4:30pm - 4:55pm
#20872		5:00pm - 5:25pm
#20808		12:35pm - 1:00pm
#20809		1:05pm - 1:30pm
#20810	Jul 24 - Aug 14	1:35pm - 2:00pm
#20811		12:35pm - 1:00pm
#20864		1:05pm - 1:30pm
#20842		1:35pm - 2:00pm
#20843	Aug 21 - Sep 11	12:35pm - 1:00pm
#20844		1:05pm - 1:30pm
#20873		1:35pm - 2:00pm
#20845		12:35pm - 1:00pm
#20846	Aug 21 - Sep 11	1:05pm - 1:30pm
#20847		1:35pm - 2:00pm



Competitive

Swim Lessons *(Combined Competitive Swim)*

Age: 6 - 16 years

Prepare your child for the world of competitive swimming while promoting healthy lifestyle choices. Lesson emphasis **Prerequisite for beginners:** ability to swim 15 yd. crawl stroke while breathing to the side.

Prerequisite for advanced: ability to swim 25 yd. crawl stroke while breathing to the side. Also must have taken and completed competitive swim for beginners.

San Leandro Family Aquatic Center

8 Classes • Monday - Thursday • \$69(R) / \$79(N)

#20737	Jun 21 - Jul 1	6:30pm - 6:55pm
#20738	Jul 12 - Jul 22	6:30pm - 6:55pm
#20736	Jul 26 - Aug 5	6:30pm - 6:55pm
#20739	Aug 9 - Aug 19	6:30pm - 6:55pm

Boys & Girls Club Pool

8 Classes • Tuesday and Thursday • \$69(R) / \$79(N)

#20937	Aug 24 - Sep 16	5:00pm - 5:25pm
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Competitive

Swim Practice

at the Boys & Girls Club Pool

Age: 6 years & up

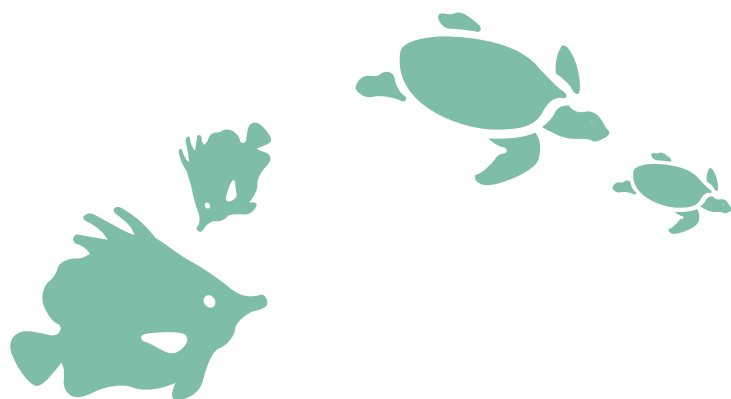
Class will focus on the 4 main competitive strokes: freestyle, backstroke, breaststroke and butterfly, in a structured swim team workout environment. Participants must have had previous swim team experience and/or ability to swim 50 yd. of all competitive strokes continuously.

7 Classes • Monday and Wednesday • \$35(R) / \$45(N)

#20938	Aug 23 - Sep 15	3:30pm - 4:30pm
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8 Classes • Tuesday and Thursday • \$40(R) / \$50(N)

#20939	Aug 24 - Sep 16	3:30pm - 4:30pm
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Exceptional Needs

at the Boys & Girls Club Pool

Age: 6 - 16 years

Individual swim lessons for elementary school-aged children who are physically or mentally challenged. Parents must enter the water with the student. The class offers opportunities for parent-child bonding while your child develops new skills. **The student/instructor ratio is 3:1.**

4 Classes • Tuesday and Thursday • \$42(R) / \$52(N)

#20561	Jun 22 - Jul 1	7:00pm - 7:25pm
#20562	Jul 13 - Jul 22	7:00pm - 7:25pm
#20563	Jul 27 - Aug 5	7:00pm - 7:25pm
#20564	Aug 10 - Aug 19	7:00pm - 7:25pm
#20565	Aug 24 - Sep 2	7:00pm - 7:25pm
#20566	Sep 7 - Sep 16	7:00pm - 7:25pm
#20567	Sep 21 - Sep 30	7:00pm - 7:25pm

Junior Lifeguarding

at the San Leandro Family Aquatic Center

Age: 12 - 16 years

Do you want to be a lifeguard? Join us and develop your skills and build your confidence while learning what it is like to be a lifeguard. Increase your fitness level, improve leadership and teamwork skills as you learn to protect yourself and assist others in emergency situations. This program is required for those who wish to assist in the Aquatics program this summer.

4 Classes • Tuesday - Friday • \$105(R) / \$125(N)

#20548	Jul 6 - Jul 9	12:00pm - 4:00pm
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Aqua Exercise

at the **Boys & Girls Club Pool**

Age: 18 years & up

Class features conditioning for upper and lower body with emphasis on protecting and strengthening the lower back. This class provides an opportunity to make new friends while promoting a healthy lifestyle. Swimming skills are not necessary.

11 Classes • Monday, Wednesday and Friday • \$44(R) / \$54(N)

#20536	Jul 2 - Jul 30	8:00am - 9:00am
#20544	<i>No Class Jul 6</i>	9:30am - 10:30am
#20538	Oct 4 - Oct 29	8:00am - 9:00am
#20547	<i>No Class Oct 8</i>	9:30am - 10:30am

12 Classes • Monday, Wednesday and Friday • \$48(R) / \$58(N)

#20543	Aug 2 - Aug 27	8:00am - 9:00am
#20545		9:30am - 10:30am

13 Classes • Monday, Wednesday and Friday • \$52(R) / \$62(N)

#20537	Aug 30 - Oct 1	8:00am - 9:00am
#20546	<i>No Classes Sep 3 & 6</i>	9:30am - 10:30am

8 Classes • Tuesday and Thursday • \$32(R) / \$42(N)

#20539	Jun 24 - Jul 20	8:00am - 9:00am
#20540	Jul 22 - Aug 17	8:00am - 9:00am
#20541	Aug 19 - Sep 14	8:00am - 9:00am
#20542	Sep 16 - Oct 12	8:00am - 9:00am

Adult

Swim Lessons

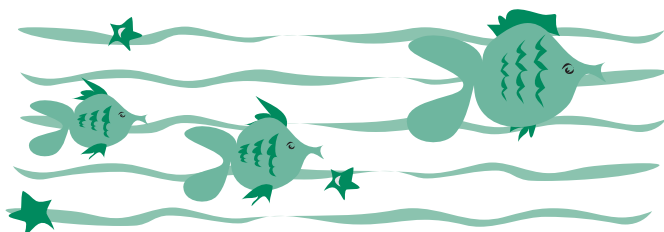
at the **Boys & Girls Club Pool**

Age: 16 years & up

Adult instruction is offered for swimmers of all levels and based on your skill level which will allow you to build your self confidence along with your swimming.

8 Classes • Tuesday and Thursday • \$69(R) / \$79(N)

#20522	Jun 22 - Jul 22	7:00pm - 7:45pm
#20523	Jul 27 - Aug 19	7:00pm - 7:45pm
#20524	Aug 24 - Sep 16	7:00pm - 7:45pm
#20525	Sep 21 - Oct 14	7:00pm - 7:45pm



Aquathenics

at the **Boys & Girls Club Pool**

Age: 18 years & up

Get fit and stay fit in this fun water exercise class! Increase your physical activity for a healthy lifestyle as you increase strength, flexibility and aerobic fitness while working all your major muscle groups using the water as resistance. No swimming skills necessary. Class held at shallow end of pool.

12 Classes • Monday, Wednesday and Friday • \$48(R) / \$58(N)

#20531	Jul 2 - Jul 30	7:00pm - 8:00pm
#20532		8:00pm - 9:00pm
#20535	Aug 2 - Aug 27	7:00pm - 8:00pm
#20533		8:00pm - 9:00pm

13 Classes • Monday, Wednesday and Friday • \$52(R) / \$62(N)

#20530	Aug 30 - Oct 1	7:00pm - 8:00pm
#20534	<i>No Classes Sep 3 & 6</i>	8:00pm - 9:00pm

Joy of Swim

at the **Boys & Girls Club Pool**

Age: 18 years & up

This course combines exercises and basic-to-advanced swimming instruction. Exercises are done at your own pace. Engage in physical activity in a fun environment while also improving your swimming skills. Beginner swimming skills are necessary.

8 Classes • Tuesday and Thursday • \$48(R) / \$58(N) / \$5 Drop In

#20526	Jul 2 - Jul 30	10:30am - 11:30am
#20527	Aug 2 - Aug 27	10:30am - 11:30am
#20529	Oct 4 - Oct 29	10:30am - 11:30am

10 Classes • Tuesday and Thursday • \$52(R) / \$62(N)

#20528	Aug 30 - Oct 1	10:30am - 11:30am
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Aquatics Refund Policy

Refunds for cancellation of Aquatics programs will only be offered up until 7 days prior to the first class.

